



Relatively Speaking

A Newsletter for the Kinship Caregiver Support Program
of Spokane County

Seven Simple Tips for Coping With Holiday Stress

By Dianne Grande, Ph.D.

Unrealistic expectations are a major cause of holiday stress. They can be too high, such as imagining the perfect family gathering, just the right gifts, or the most stunning decorations. On the other hand, expectations may be too low. There are those among us who unnecessarily expect the worst, causing them to dread their family time, e.g., "Will the aunt who overindulges in alcohol get drunk and create havoc?" "Will everyone be able to set aside differences and get along for at least one day?" There is also the fear of boredom, especially for teens and young adults likely to get caught in conversations of no interest to them. Sadly, there are many who are grieving over the holidays due to the loss of a loved one or the anniversary of a death that occurred in past holiday seasons. For those grieving, a common expectation is that the holiday just "won't be the same" and instead will be miserable. Of course, it cannot be the same, but it doesn't have to be miserable either.

A change in expectation might make all the difference. The following are seven suggestions intended to help relieve stress due to any of a wide variety of expectations.

1. Remember that most families are far from perfect.

Social scientists have reported that 85 percent of families are dysfunctional in some

way, making it the norm to be considered a dysfunctional family. To quote Mary Karr, "I think a dysfunctional family is any family with more than one person in it." Rather than feeling embarrassed by your family's eccentricity, try to embrace it and keep it in perspective. If you have reason to be concerned that the situation will truly get terrible for anyone, try to have a back-up plan such as leaving early or separating to take a walk and returning after a break.

2. Focus on doing what you really enjoy; don't try to do everything.

Likely some of your traditions are meaningful and fun, while others are just done because that's the way it's always been. Consider letting go of the routines that don't really add much to your holiday experience and just add to your exhaustion.

3. Take time to relax

Play with your kids, cuddle with the pets, or spend time alone if that's what it takes. A constantly busy schedule is not relaxing for most people, so try to plan some down time for yourself.

4. Change it up

Try something new and easier. If you are the host for the holiday, simplify the meal plan or ask everyone to pitch in and
(continued on page 2)

contribute something.

A celebration is always better when the hosts are happy too.

5. Practice gratitude

Everyone has someone or something to be grateful for. Try not to take anything for granted. Even if you are missing someone this season, be grateful for the people that are with you.

6. Spread out the family visits

Don't try to visit the whole family on the same day. This can create too much stress for everyone involved, especially if you have young children. I have worked with young couples for whom both sets of parents are divorced. Taking the children to see all of the grandparents can mean four homes to visit, which is about three too many for any one day.

7. Be mindful of what you're celebrating

It might be a holy day, a day off from work, or a chance to see friends and family. Celebrate something, and focus on the people who are with you at this time in your life. Life is very precious and worth celebrating, even with all of its imperfections.

December 18, 2017— Psychology Today



Healthy Snacks!

Are the kids in your care hungry? Are they always on the go? Feeding hungry kids can be a challenge. Let's explore some healthy budget-friendly ideas and snacks!

1. On the go? Pack car or bus friendly snacks in a small shoe box or lunch box for easy transportation.
2. Keep things simple.
3. Have fresh fruits, vegetables or other health snacks where your family can get them; designate a spot in your cupboard or refrigerator that is accessible, display produce on the kitchen table (grapes, apples, bananas, carrots, etc.)
4. Keep a list of healthy snacks you have somewhere the family can see it. Then, when you hear "I'm hungry" you will have a great list of ideas!
5. Sometimes, we are just thirsty...but we feel hungry. Drink a full glass of water and wait 10 minutes before snacking.

You could try starting with these in-expensive, quick and easy snacks:

- ⇒ Crackers
- ⇒ Cheese
- ⇒ Popcorn
- ⇒ Dried fruit
- ⇒ Nuts
- ⇒ Fruit
- ⇒ Vegetables (with or without dip)
- ⇒ Yogurt
- ⇒ Hard boiled eggs
- ⇒ Peanut butter
- ⇒ Chicken, turkey, ham or roast beef slices
- ⇒ Low sugar cereal
- ⇒ Granola
- ⇒ What are your ideas?



Apple Health Changes!



Changes Coming to Apple Health (Medicaid)

If you have United Healthcare or Coordinated Care you will need to switch to one of the following Medicaid insurance plans before Jan. 1, 2019.

- Amerigroup
- Community Health Plan of Washington
- Molina Healthcare

Frontier Behavioral Health wants you to choose the plan that is best for you. We also want you to know that it does not matter to us which plan you select because we will accept all of them and continue to provide you with services.

If you are already enrolled in one of these three plans, you do not need to make any changes.

Special Instructions for Those in Foster Care:

All individuals in foster care will need to be enrolled with Coordinated Care as of Jan. 1, 2019.

Individuals in foster care who currently have a plan other than Coordinated Care will automatically be changed over.

Here are some answers to questions you may have:

- You will not lose coverage.
- Your benefits will not be reduced.
- If you have United Healthcare or Coordinated Care and do not select a new plan, you will automatically be reassigned to one of the three plans listed above. You will get a letter in December with the name of your new health plan. If you do not like the plan you've been assigned, you can change plans and the letter will explain how to do that.
- These changes affect Medicaid managed care clients only. It does not affect Medicare or Medicaid fee-for-service clients.

For more information or to change your plan, you can visit a local DSHS office:

1313 N. Maple St., Spokane or 8517 E. Trent Ave., Spokane

Or call Washington Apple Health at 1-855-923-4633.



KINSHIP

**Caregiver Support Program
Providing help to family members
raising their relative's children**

Sometimes we need someone to talk to, bounce ideas off of or just know we are not alone in our journey.

If you are a relative (grandparent, aunt, uncle, sister, brother, cousin, etc.) raising a relative's child under the age of 18 and want to be with other kinship caregivers....let us know!

Beginning November 14, 2018, we will have a Kinship Caregiver Support Group just for YOU!



SECOND WEDNESDAY OF THE MONTH

**Frontier Behavioral Health
Raschko Branch**

5125 North Market Street, Spokane

10:30 am — Noon

Please call the Kinship Navigator at 509 458-7450, option 4 to RSVP.



Powerful Tools FOR Caregivers



Join **Providence Sacred Heart Children's Hospital** for this free interactive workshop to support family caregivers trying to manage the on-going demands of caring for a child with special health and medical needs.

Powerful Tools for Caregivers will help you learn ways to reduce the stress of your role as a family caregiver.

Topics Covered:

- Managing Stress
- Creating a Self-Care Action Plan
- Practicing Relaxation Techniques

Workshop co-led by Sacred Heart Pediatric Oncology Social Workers: Janelle Green, MSW, Katherine Griessmann, MSW, and Kristin Todd, MSW.

Workshop Details

Two dates available:

Thursday
November 29th
6:30 - 8 PM

or

Tuesday
December 4th
9:30 - 11 AM

Sacred Heart Children's Hospital
4th Floor Classroom
Near the cardiology clinic space

Please register as space is limited!
509-474-2787 or
Mary.Griessmann@providence.org

This workshop is free thanks to the generosity of Providence Health Care Foundation.



Resource Information!



Toys For Tots has teamed up with the Marine Corps League to help make Christmas special for kids in our community. We collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community.

Toy request forms are available **ONLINE** at <https://spokane-wa.toysfortots.org> until DECEMBER 14, 2018.

Please note; due to availability, Toys for Tots only supports toys to children 12 & under at this time.

APPLICATION DATE CLOSING ON 11/15/2018!!

Happy
Holidays!



Tom's Turkey Tuesday
November 20th 10:00^{am}-5:00^{pm}

Pick up your Thanksgiving dinner to make a meal and memories for your family.

Spokane Veterans Memorial Arena
720 W. Mallon Ave.

KREM.com for more information

What is Christmas Bureau?

It is an incredible annual holiday assistance program coordinated by **Catholic Charities Spokane, Volunteers of America, and The Spokesman-Review**. This amazing program - made possible with generous monetary funds and many volunteer hours donated by community members and organizations - provides toys, books, and grocery store vouchers for thousands of low income individuals and families.



2018 Christmas Bureau

**Wednesday, December 12th through Friday, December 21st (excluding Sunday)
10:00am - 2:30pm Spokane County Fair & Expo Center 404 North Havana, AG Building**

Resource Information!

Women & Children's
FREE RESTAURANT COMMUNITY KITCHEN

LUNCH

Friday 11:30 am - 1:30 pm
Last seating at 1:15pm

DINNER

Tuesday & Wednesday 3:00 - 6:00 pm
Last seating at 5:45pm

Any woman or child is welcome to attend restaurant meals. Male children through age 18 are welcome. Men are welcome to attend our community meals.

Women and Children's Free Restaurant is located at 1408 North Washington Street in Spokane.

Did you know?

Your local library has access to so many wonderful resources; books, music, movies, classes and activities for all ages, computers, printers AND SO MUCH MORE! Check one out today!!



Library
Resources



Does the child in your care need clothing? Please contact the Kinship Navigator. As a Kinship Caregiver, the relative children in your care may be eligible for a clothing referral every six months. 509 458-7450 option 4.

Justice Night

This free legal clinic is open to members of the Spokane community who need legal information in the following areas:

- Family Law
- Consumer Protection
- Housing
- Legal Financial Obligations (LFO)/ Expungement
- Police and Government Accountability

Unfortunately, we cannot assist with felonies



Upcoming clinics: Second Tuesday of November and December, 5:30-7:00 pm, Community Building 35 West Main Street, Spokane. For more information please call 509 835-5211.



Kinship Navigator/Kinship Caregiver Support Program

5125 North Market Street

Spokane WA 99217

The Kinship Program is sponsored by:



Are you somebody's hero?

Are you providing primary care for a relative child whose own parents are unable to care for them?

Kinship Navigator/Kinship Caregiver Programs are here to support you!

509-458-7450, option 4

HAPPY HOLIDAYS!



**From ALL OF US
with the Kinship Caregiver Support
Program Team**

**We wish you and those you love
A safe and happy
HOLIDAY SEASON!**

Frontier Behavioral Health is committed to the policy that all persons have access to its programs, activities, facilities and employment without regard to race, color, religion, creed, national origin, sex, age, marital status, physical, sensory or mental disability, the use of a trained guide or service dog by a disabled person, or status as a veteran of the Armed Forces of the United States.